

Ride safe AND wear A helmet.



Head injury is the leading cause of death and permanent disability in bicycle crashes.

NO GET HURT Hawaii

Bicycle safety tips:

- Wear a helmet when riding a bicycle. It's the law for those under 16 years of age.
- Learn to ride a bike safely
- Look both ways for oncoming vehicles before turning or crossing a street
- Ride with — not against — traffic flow
- Ride so drivers can see you
- Look out for road hazards like potholes, cracks, rocks, or anything that could make you lose control

Injuries are preventable.

www.nogethurt.hawaii.gov

A reminder from the Hawaii State Department of Health and its community partners.

